

# epoch® ESSENTIAL OILS



## SYSTEM OVERVIEW

Amid the rigors of a modern lifestyle, Nu Skin delivers Epoch Essential Oils—ethnobotanical solutions that enhance human interactions and create sensory experiences with the natural world. For centuries, indigenous cultures improved their lives with botanicals, from topical uses to aromatherapy. Nu Skin has collaborated with one of the world’s leading ethnobotanists and found ways to infuse this wisdom into your modern lifestyle. Now you can use ethnobotanical oils from a company you know and trust. Single oils and blends provide a variety of expressive aromas and solutions that uplift any routine or occasion. The delightful benefits of our essential oils make it natural to share them with others.

As part of Nu Skin’s mission to improve lives, Nu Skin donates \$0.25 from each Epoch Essential Oil sale to the Nu Skin Force for Good Foundation—giving back to the communities that share their wisdom with us.

Enjoy rich connections with people and the world around you while giving back with Epoch Essential Oils.

## PRODUCT DESCRIPTIONS

### EPOCH LAVENDER—*Lavandula Angustifolia*

The natural, floral aroma of Epoch Lavender essential oil provides a sense of tranquility and peace. Enjoy a relaxing end to even the busiest day with the calming benefits of Epoch Lavender. Put a few drops in a warm bath or rub this oil on your pillow at night to calm and soothe.

### EPOCH LEMON—*Citrus Limon*

Like the zest of a lemon peel, this vibrant, light essential oil gives any space a feeling of crisp freshness that will surprise and delight. Epoch Lemon can be used to help remove odors.

### EPOCH PEPPERMINT—*Mentha Piperita*

Dive into the refreshing, sharp aroma of Epoch Peppermint essential oil at home or on the go. Apply Epoch Peppermint on your skin or diffuse in the air for a wonderful, exhilarating sensation that will motivate you throughout your day.

### EPOCH ASSURE—*Cinnamon Clove Blend*

Epoch Assure is a potent blend of cinnamon, clove, and other pure essential oils that help the air and surfaces feel exceptionally clean. It is an ideal essential oil blend for neutralizing odors or elevating your surroundings. Cinnamon and clove are known for their powerful aromas and this blend delivers an engaging combination of enjoyable scents.

### EPOCH BRISK—*Eucalyptus Pine Blend*

Boost your senses with Epoch Brisk essential oil blend and catch the wonderful scents of a pine and eucalyptus forest after a cleansing rain. The potent aroma of Epoch Brisk comes from eucalyptol, a naturally forming plant chemical. Eucalyptol has a fresh camphor-like smell, which gives this essential oil blend a strong, penetrating, and pleasant aroma.

### EPOCH BURST—*Citrus Mint Blend*

Enjoy the zest of Epoch Burst—an energetic blend of citrus and mint essential oils. Pour a drop of Epoch Burst into an Epoch diffuser and breathe in the aroma. Try to pick up the subtle hints of fresh grapefruit, tangerine, lime, and the exotic Mediterranean bergamot fruit. Through the citrus, notes of spearmint help to carry that energetic feel of Epoch Burst straight to your senses.

### EPOCH MOVE—*Wintergreen Juniper Blend*

Epoch Move is an invigorating topical blend of wintergreen and juniper essential oils, used to temporarily soothe. During these moments of discomfort, mix Epoch Move with

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Epoch Topical Blending Oil and generously apply to your skin. When applied to your skin, this soothing blend offers a cooling sensation.

## EPOCH UNWIND—*Lavender Bergamot Blend*

Quiet your mind and calm your spirit with Epoch Unwind, a centering blend of lavender, bergamot, and other balancing essential oils. With Epoch Unwind, you can create a feeling of harmony and peace even amid the most hectic day. Carry this essential oil blend with you in the car, at the airport, or any other place where your busy life takes you.

### TARGET AUDIENCE

All adults seeking natural solutions to enhance their modern lives and surroundings.

### PRODUCT EXPERIENCES

- **Epoch Lavender**—Diffuse or mix with Epoch Topical Blending Oil and apply topically for relaxation.
- **Epoch Lemon**—Diffuse for freshness or mood elevation.
- **Epoch Peppermint**—Diffuse or mix with Epoch Topical Blending Oil and apply topically for enhanced concentration and mental alertness.
- **Epoch Assure**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to neutralize odors.
- **Epoch Brisk**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to create a feeling of clearways and easy breathing.
- **Epoch Burst**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to feel energized and refreshed.
- **Epoch Move**—Mix with Epoch Topical Blending Oil and apply topically to temporarily cool and soothe your body.
- **Epoch Unwind**—Diffuse or mix with Epoch Topical Blending Oil and apply topically to help achieve a feeling of balance.

### PRODUCT USAGE

Use Epoch Essential Oils topically with Epoch Topical Blending Oil and aromatically with Epoch Mist or Epoch Mini Mist diffusers.

#### TOPICAL

Mix one to two drops of Epoch Essential Oil per teaspoon of Epoch Topical Blending Oil.

#### AROMATIC DIFFUSER

Mix Epoch Essential Oil with water in the reservoir of Epoch Mist or Epoch Mini Mist diffuser. Add 15–20 drops of essential oil to the water reservoir in the Epoch Mist diffuser. Add 1–2 drops of essential oil to the Epoch Mini Mist diffuser water

bottle and fill the reservoir. See the diffuser user manuals for detailed directions.

### COMPLEMENTARY PRODUCTS

**Epoch Topical Blending Oil**—This silky mixture derived from natural coconut, palm, and soy oils will heighten your massage experience of Epoch Essential Oils.

**Epoch Mist Diffuser and Epoch Mini Mist Diffuser**—Fill the air with the aromatic delight of Epoch Essential Oils with these diffuser options.

### FREQUENTLY ASKED QUESTIONS

#### How much essential oil should I use on my skin?

When applying to the skin, always mix essential oils with Epoch Topical Blending Oil. Start out mixing one drop of essential oil with Epoch Topical Blending Oil and work up from there. It is important to know how your skin will respond to essential oils. Test only one essential oil at a time. Mix one drop of Epoch Essential Oil with Epoch Topical Blending Oil and rub on an inconspicuous area of your body (e.g., under the forearm or the underside of the bicep). Wait 30 minutes. Continue using the product if you do not notice irritation. If irritation occurs, discontinue use immediately.

#### Can I use essential oils while pregnant or nursing?

Always consult a healthcare professional before using essential oils when pregnant or nursing.

#### Can I use essential oils on children?

Children are particularly sensitive to essential oils. Always consult a healthcare professional before using essential oils on children.

#### Are there areas on the body where I should NOT apply essential oils?

Avoid the eyes, eye area, mouth, and other areas on the body where skin may be particularly sensitive.

#### Can I ingest Epoch Essential Oils?

Epoch Essential Oils are not nutritional supplements and are for aromatic and topical usage only. Do not ingest Epoch Essential Oils.

### SAFETY AND CAUTIONS

- **Sensitive Skin Advisory:** May not be appropriate for individuals with sensitive skin. Please test in a small area inside of arm or behind ear before applying to a larger surface area.
- **Sunburn Alert:** Epoch Lemon, Epoch Unwind, Epoch Assure,

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Epoch Brisk, and Epoch Burst contain citrus oils that increase the skin's sensitivity to sun and particularly the possibility of sunburn. Wear protective clothing and avoid sun exposure while using these products topically. Wash thoroughly before UV exposure.

- Discontinue use if you experience any irritation or a reaction and consult a physician if necessary.
- Keep out of the reach of children.

## INGREDIENTS

### Epoch Lemon Essential Oil

Citrus Limon (Lemon) Peel Oil

### Epoch Lavender Essential Oil

Lavandula Angustifolia (Lavender) Oil

### Epoch Peppermint Essential Oil

Mentha piperita (Peppermint) Oil

### Epoch Assure Essential Oil Blend

Caprylic/Capric Triglyceride\*, Cinnamomum Zeylanicum Bark Oil, Glycine Soja (Soybean) Oil, Eugenia Caryophyllus (Clove) Flower Oil, Citrus Limon (Lemon) Peel Oil, Eucalyptus Globulus Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Elettaria Cardamomum Seed Oil, Zingiber Officinale (Ginger) Root Oil, Cinnamomum Cassia Leaf Oil, Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Citrus Aurantifolia (Lime) Oil, Schinus Molle Oil

### Epoch Brisk Essential Oil Blend

Eucalyptus Globulus Leaf Oil, Menthol, Citrus Limon (Lemon) Peel Oil, Mentha Arvensis Leaf Oil, Abies Sibirica Oil, Myristica Fragrans (Nutmeg) Kernel Oil, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Eucalyptus Radiata Flower/Leaf/Stem Oil, Thuja Occidentalis Leaf Oil, Thymus Vulgaris (Thyme) Flower/Leaf Oil

### Epoch Burst Essential Oil Blend

Caprylic/Capric Triglyceride\*, Citrus Grandis (Grapefruit) Peel Oil, Citrus Limon (Lemon) Peel Oil, Citrus Reticulata (Tangerine) Peel Oil, Citrus Aurantifolia (Lime) Peel Oil, Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Mentha Viridis (Spearmint) Leaf Oil, Lavandula Hybrida Oil, Canarium Luzonicum Gum Nonvolatiles, Pelargonium Graveolens Flower Oil, Ribes Nigrum (Black Currant) Bud Extract, Cistus Ladaniferus Oil

### Epoch Move Essential Oil Blend

Gaultheria Procumbens (Wintergreen) Leaf Oil, Eucalyptus Globulus Leaf Oil, Mentha Piperita (Peppermint) Oil, Menthol, Rosmarinus Officinalis (Rosemary) Leaf Oil, Abies Sibirica Oil, Mentha Viridis (Spearmint) Leaf Oil, Juniperus Communis Fruit Oil

### Epoch Unwind Essential Oil Blend

Caprylic/Capric Triglyceride\*, Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Eucalyptus Radiata Flower/Leaf/Stem Oil, Lavandula Angustifolia (Lavender) Oil, Glycine Soja (Soybean) Oil, Juniperus Virginiana Oil, Cananga Odorata Flower Oil, Citrus Limon (Lemon) Peel Oil, Pimenta Officinalis (Pimento) Leaf Oil, Salvia Sclarea (Clary) Oil, Santalum Spicata Wood Oil, Pogostemon Cablin Oil, Vetiveria Zizanoides Root Oil, Pelargonium Graveolens Flower Oil, Acacia Decurrens Flower Extract, Cistus Ladaniferus Resin, Evernia Prunastri (Oakmoss) Extract

\* Commonly known as fractionated coconut oil.